**Current:**

Conscious Legacy Coaching, Inc.

**Summary:**

CLC specializes in Circumstance Coaching, which holds as its premise that high performance individuals (executives, athletes, business families and boards):

1. Regularly face changing circumstance within which they must quickly adapt and excel.
2. Must learn to leverage their strengths in different ways.
3. Must learn to avoid some of the pitfalls that come with success.

Through coaching, we help our clients challenge their status quo, create new mindsets, new skillsets, new behaviors and improved relationships so that their elite performance is not disrupted or sidetracked by circumstance.

Circumstance Coaching addresses issues like: understanding and optimizing personal brand; recognizing and transforming self-limiting behaviors; maximizing professional presence; preparing for the next level; overcoming high achievement isolation; learning how to overcome temporary slumps; leveraging strengths; making quicker, more effective decisions; developing stronger relationship; speaking to be heard by the impactful tailoring of communication to a specific audience; thinking more strategically and creatively; enhancing abilities to make and execute informed decisions; understanding new roles and shifts in paradigms; ensuring family is on board with changing life-styles; coping with the complexities of increased financial earning and/or celebrity; managing loneliness and/or success that is associated with high performance roles; exiting the “game” and transitioning to a new role, then Circumstance and Performance coaching is for you!

Learn to identify, to choose and to acquire practical skills to Live Your Legacy every day through Circumstance and Performance Coaching

**Education**

**Masters & PhD – Department of Communication, Michigan State University 2005**

* Major: Organizational Communication: specialized training in small group dynamics, organizational change, interpersonal and organizational communication, non-verbal communication

Sub-specialty: researched the impacts of shared and unshared mental models on organizational decision making at a senior managerial level(s).

**Honors B.A. – Faculty of Arts, York University 1990**

**Institute of Corporate Directors 2014-**

* University of Toronto, Rotman School of Management

**Family Business Advising Program 2012-2014**

* Sauder School of Business, University of British Columbia

**Fellow: Wexner Heritage Foundation 2001 – 2003**

* Recipient of $100K U.S. Fellowship for leadership development.

**Certification and training includes:**

* Specialized training in small group dynamics, organizational change, and interpersonal and organizational communication, Michigan State University (MSU); Director’s Education Program, Institute of Corporate Directors (ICD.D) (in progress); Advanced training in Conflict Management and Mediation from the Institute of Peace and Conflict Studies, Conrad Grebel University College, Waterloo, Ontario; Adler trained coach, Certified from the Adler School of Professional Coaching, University of Toronto/OISE, and the International Coaching Federation; Graduate of Family Enterprise Advisor’s Program, University of British Columbia Business Families Centre; Certificate in Team Coaching from the Living Systems Team Approach to Coaching; Certificate in Advanced Coach Training from The School of Shadow Coaching; Certificate in Process Mapping, Eli Broad College of Business, MSU; Certificate in Advanced Facilitator Training from the Creative Problem Solving Group, Buffalo; Certificate in Innovative TeamWorkshop, Synectics Inc.; Certificate in Facilitating Group Creativity, Synectic Inc.; Certified 21/64 Consultant at the Andrea and Charles Bronfman Foundation; and training from ExperienceChange.

**President, Conscious Legacy Coaching, Inc.**

**Circumstance and Performance Coach 2014**-

* Specializing in high performance individuals (executives and athletes). Coaching foci: helping elite individuals be the best professionals they can be by leveraging their strengths and avoiding some of the pitfalls that come with success. Communication is used to optimize strong personal branding, message tailoring for specific audiences, recognizing and transforming self-limiting behaviors. Executive functions are enhanced through greater ability to think strategically, values-based decision-making, crafting and executing informed decisions. Social dynamics are addressed through managing loneliness associated with high performance roles, ensuring family is on board with changing life-styles, coping with the complexities of increased financial earning, celebrity, exiting the “game” and transitioning to a new role.

**President, Conscious Legacy Coaching, Inc.**

**Leadership and Family Business Coach 2008 – 2014**

* Specialized in communication coaching for senior executives, public and private family businesses and financial families. Coaching foci: developing excellence in current and next generation of leaders, issues related to transition, and succession of leaders, building and strengthening trusting relationships, improving communication, conflict resolution, strategic thinking, philanthropy and good governance. (Predecessor Company to CLC, Inc. above.)

**Communication Advisor, Next 36**  **2014-**

* Provide pragmatic individual and team communication skills for Next36 cohort(s).

**Executive Coach, Royal Bank of Canada 2010-**

* Provide communication and circumstance coaching for senior executives. Coaching foci: understanding and optimizing personal brands, recognizing and transforming self-limiting behaviors, values-based decision making, building and strengthening relationships, maximizing executive presence, understanding and managing personal triggers, impactful tailoring of communication to a specific audience, strategic thinking, and enhancing abilities to make and execute informed decisions.

**Associate, Morneau-Shepell** **2010-**

* Developed and conducted specialized workshops, ran Morneau-Shepell leadership development workshops, engaged in leadership development coaching, and executed mediation.

**Associate Consultant, Knightsbridge Human Capital 2010-2014**

* Developed and conducted workshops on behalf of MICA learning

**Sessional Professor, Schulich School of Business, York University 2008-**

* Developed every aspect of course design (preparation and evaluation, lecturing, exam creation and mentorship).

**President, Strategic Legacy Solutions**  **2005-2008**

* Specialized in communication coaching to senior executives, public and private family businesses and financial families. Coaching foci: issues related to heir preparedness, transition, and succession; improved communication and decision-making, governance and developing excellence in family business leaders. (Predecessor Company to CLC, Inc. above.)

**Special Projects Consultant, Canadian Tire Foundation for Families** **2004-2005**

* Created National Recognition Program for Vendors, Associate Dealers and Employees and; Founded national Volunteerism program for Canadian Tire Corporation Ltd.

**Interests**:

* Reading, conscious movement, travelling to developing counties, mentoring young adults and educationally at-risk youth, photography, good food, good friends and spending time with my husband and 4 sons!